






# February Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance.            \$4.68 per person per meal. Milk, juice and bread are offered each meal. <b>Menus are subject to change.</b></p>			
<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>
<b>1</b> Hungarian Beef Goulash Buttered Noodles Cucumber Salad Tropical Fruit	<b>2</b> Pork Carnitas Black Beans, Mexican Rice Romaine Lettuce, Tomato Salsa Cheddar Cheese/Sour Cream Diced Peaches	<b>3</b> Navy Bean Soup Tuna Salad Sandwich Lettuce & Tomato Potato Salad Applesauce	<b>4</b> <b>Chef's Choice</b> 
<b>8</b> Swedish Meatballs Parslied Noodles Peas & Carrots Apricots	<b>9</b> Danish Ham Swiss Cheese on Roll Potato Salad, Cole Slaw Fruit Cocktail Lettuce & Tomato	<b>10</b> Meatloaf w/Gravy Mashed Potatoes Steamed Carrots w/Dill Diced Peaches	<b>11</b> <b>Breakfast for Lunch with Nurse Steve</b> 
<b>15</b> Cream of Tomato Soup Hot Turkey & Swiss Sandwich Potato Salad Diced Pears	<b>16</b> Beef Hot Dog Midwest Baked Beans Applesauce	<b>17</b> Roast Pork Loin w/Gravy Sauerkraut Mashed Potatoes Fruit Cocktail	<b>18</b> <b>Chef's Choice</b> 
<b>22</b> Pot Roast of Beef Vegetable Gravy Cucumber/Tomato Salad	<b>23</b> Split Pea Soup Tuna Salad Lettuce & Tomato Diced Pears	<b>24</b> Cheddar Cheeseburger Baked Beans Cole Slaw Fruit Cocktail	<b>25</b> <b>Chef's Choice</b> 
<b>29</b> Breaded Veal Patty w/Gravy Steamed Rice Maple Glazed Carrots Mandarin Oranges	<b>Tuesday Nights</b> Each Tuesday night at 5:00 p.m. we enjoy a meal together. The cost is \$5 per person.	 <b>At least once a day compliment someone!</b>	

# Urbana Senior Center

## Congregate Meals Information

### Dates and Times

Monday-Thursday (excluding holidays)

Meals served at Noon

### Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.

Cancellations may be made up to 24 hours in advance.

Register in person at the Center or call 301-600-7020.

### Cost

The current cost is \$4.68 per participant per meal.

The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

### Payment

Checks should be made payable to "Frederick County Department of Aging".

Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

### Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa) . The menus are subject to change.

### Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

### Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.